



Department of Health and Human Services  
Centers for Disease Control and Prevention

# Express Your Health!



September 2005

## WEB SITES FOR KIDS

### CDC Web Sites



#### **Are You a Working Teen? What You Should Know about Safety and Health on the Job**

[www.cdc.gov/niosh/adoldoc.html](http://www.cdc.gov/niosh/adoldoc.html)

As a teen, you are much more likely to be injured when working on jobs that you are not allowed to do by law. Visit this Web site by CDC's National Institute for Occupational Safety and Health (NIOSH) to learn more.



#### **BAM! Body and Mind**

[www.bam.gov](http://www.bam.gov)

This Web site answers your questions on health issues and recommends ways to make your bodies and minds healthier, stronger, and safer.



#### **Environmental Health for Kids**

<http://www.cdc.gov/nceh/kids/99kidsday/default.htm>

Visit this Web site to learn how CDC works to help you stay healthy wherever you live, work, and play.



#### **Hazardous Substances: Facts about Toxic Chemicals and the Environment**

<http://www.atsdr.cdc.gov/child/ochheykids.html>

It is surprising how many different chemicals you have contact with every day! Use this Web site to find important facts about some toxic chemicals that you might find in your own home, school, neighborhood, town, or city.



#### **Kids' Quest on Disability and Health**

[www.cdc.gov/ncbddd/kids/kidhome.htm](http://www.cdc.gov/ncbddd/kids/kidhome.htm)

Have you ever wondered how people with disabilities participate in the daily activities you take for granted? Choose a quest on this Web site and start investigating!



#### **Powerful Bones, Powerful Girls**

[www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)

Powerful girls have powerful bones! Visit this cool Web site to find out how you can build strong bones.



#### **Rabies**

[www.cdc.gov/ncidod/dvrd/kidsrabies/](http://www.cdc.gov/ncidod/dvrd/kidsrabies/)

Rabies is a serious disease caused by a virus. Visit this Web site to find out how to protect yourself and your pets.



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## Surgeon General's Report for Kids

<http://www.cdc.gov/tobacco/sgr/sgr4kids/sgrmenu.htm>

Find out what kids think about smoking and what you can do to stay smoke-free by visiting this Web site.



## Tobacco Information and Prevention Source (TIPS) for Youth

[www.cdc.gov/tobacco/tips4youth.htm](http://www.cdc.gov/tobacco/tips4youth.htm)

Get the facts about tobacco. Take the Tobacco Quiz and discover the real deal about tobacco.



## VERB: It's What You Do

[www.verbnow.com](http://www.verbnow.com)

This campaign was designed to help you have good health for a lifetime.

### Other Federal Government Web Sites



## Girl Power!

[www.girlpower.gov/girlarea/](http://www.girlpower.gov/girlarea/)

The purpose of this Web site is to ensure that girls' unique needs are not overlooked.



## Girls' Health

[www.girlshealth.gov](http://www.girlshealth.gov)

This Web site, developed by the Office on Women's Health in the U.S. Department of Health and Human Services, gives girls between the ages of 10 and 16 reliable, current health information.



## healthfinder® KIDS

[www.healthfinder.gov/kids/](http://www.healthfinder.gov/kids/)

healthfinder® kids know lots of ways to be healthy and have fun! This Web site is brought to you by the Office of Disease Prevention and Promotion and the U.S. Department of Health and Human Services.



## Kidd Safety

[www.cpsc.gov/kids/kidsafety/main1.html](http://www.cpsc.gov/kids/kidsafety/main1.html)

Produced by the Consumer Product Safety Commission, this Web site is geared to prevent unreasonable risks of injury to children associated with consumer products.



## The President's Challenge

[www.presidentschallenge.org/home\\_kids.aspx](http://www.presidentschallenge.org/home_kids.aspx)

This Web site was created to promote physical activity. Win awards for staying active - and track your progress along with kids across America. The more you keep at it, the more fun you'll have.